

NUTRITION

Healthful Eating for Men

Your eating plan is a logical place to start when evaluating your health. By following these six steps, you'll be on your way to a healthier and possibly longer life.

1. Eat moderate amounts of a variety of foods. No single food has all (or enough) of the more than 40 nutrients you need. That's why variety is so important. Follow the Food Guide Pyramid to help select what foods and portions you should consume.
2. Choose a diet low in fat, saturated fat and cholesterol. That doesn't mean eliminating meat, butter, cheese or egg yolks from your diet. It means you should diversify and focus on lower-fat foods. Cut the fat by:
 - Choosing low-fat or nonfat milk and milk products, lean meat, fish, skinless poultry, fruits, vegetables, whole grains and foods that are baked, broiled, steamed or roasted.
 - Limiting margarine, butter, oils, shortenings, salad dressing, whole milk, regular cheese, fried foods and rich desserts.
3. Eat plenty of whole grains, vegetables and fruits. These foods supply complex carbohydrates and dietary fiber. The typical American man gets barely half the recommended amount of dietary fiber. Men who eat adequate amounts of fiber are less likely to suffer from constipation, hemorrhoids and diverticular disease. These foods also help control blood cholesterol levels and may reduce the risk of colon cancer. Adults should try to consume between 20 to 35 grams of fiber daily.
4. Be cautious about sweet deals. Sugars, candies, pies, cakes and other sweets offer few nutrients for the amount of calories consumed.
5. Shake the sodium and salt habit. Read food labels to find foods lower in sodium. Go easy on:
 - Salt used in cooking and at the table
 - Canned, cured or processed meats (hot dogs, sausages and lunch meat)
 - Sauces, gravies and condiments
 - Convenience foods (frozen dinners, canned soups and packaged mixes)
 - Salty snack foods (potato chips, corn chips, pretzels)
6. If you drink alcoholic beverages, moderation is the key. Alcoholic beverages are loaded with calories and offer few nutrients. For men, drink no more than two drinks a day. A single drink equals 12 ounces of regular beer, five ounces of wine or one-and-a-half ounces of distilled spirits.



STATE HEALTH PLAN PREVENTION PARTNERS
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